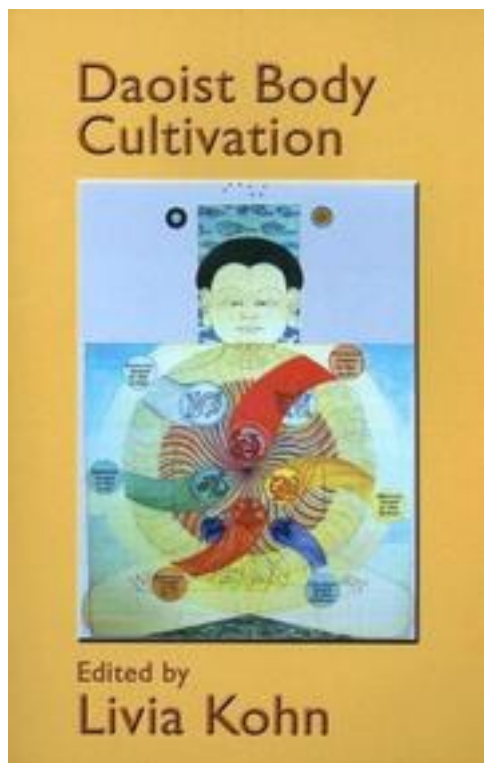


Daoist Body Cultivation



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Daoist Body Cultivation is a comprehensive volume by a group of dedicated scholar-practitioners that covers the key practices of medical healing, breathing techniques, diets and fasting, healing exercises, sexual practices, Qigong, and Taiji quan. Each presentation places the practice in its historical and cultural context and relates its current application and efficaciousness. Ultimately aiming to energetically transform the person into a spiritual and transcendent being, Daoist cultivation techniques have proven beneficial for health time and again and can make an important contribution in the world today. Daoist Body Cultivation provides a deeper

understanding of the practices in their cultural and historical contexts, bridging the gap between healing and religion and allowing both scholars and practitioner to reach a deeper understanding and appreciation.

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